

PALO ALTO FRIENDS NEWSLETTER

Eighth Month, 2013

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Advices and Queries for Eighth Month: Simplicity.

Life is meant to be lived from a Center, a divine Center... a life of unhurried peace and power. It is simple. It is serene. It takes no time, but it occupies all our time. Thomas R. Kelly, *Testament of Devotion*, 1941

A life centered in God will be directed toward keeping communication with God open and unencumbered. Simplicity is best achieved through a right ordering of priorities, maintaining humility of spirit, avoiding self-indulgence, resisting the accumulation of unnecessary possessions, and avoiding over-busy lives.

Elise Boulding writes in *My Part in the Quaker Adventure*, *"Simplicity, beauty, and happiness go together if they are a by-product of a concern for something more important than ourselves."*

- Do I center my life in an awareness of God's presence so that all things take their rightful place?
- Do I live simply, and promote the right sharing of the world's bounty?
- Do I keep my life uncluttered with things and activities, avoiding commitments beyond my strength and light?
- How do I maintain simplicity, moderation, and honesty in my speech, my manner of living, and my daily work?
- Do I recognize when I have enough?
- *Is the life of our Meeting so ordered that it helps us to simplify our lives?*

† Some queries are intended for individuals.

Italicized queries are intended for the Meeting collectively

SUNDAY MORNING SCHEDULE

- 9:00 to 10:00 am Adult Education, New Meeting House (NMH), 1st & 3rd First Days & on 4th & 5th First Days by arrangement.
- 10:00 to 10:25 Hymn Singing at NMH.
- 10:30 to 11:30 Meeting for Worship at New Meeting House.**
- 10:30 to 11:15 First Day School for children in Old Meeting House (OMH – n.b., also now known as the "School House").
- 11:15 to 11:30 Children join adults for Meeting for Worship in NMH
- 11:30 to 11:45 Introductions and announcements

MONTHLY MEETING FOR BUSINESS is held on the second First Day of the month, following light refreshments after Meeting for Worship. There is no regular Business Meeting in August.

- WORSHIP SCHEDULE (in NMH):
- Meeting for Worship – each First Day at 10:30 AM.
 - Mid-Week Evening Worship – each Wednesday at 6:00 PM.
 - Mindfulness Meditation – each Thursday at 7:15 AM

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CALENDAR

JUL (7TH MONTH)

- 28 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 28 Sun noon Fourth First Day Provided Lunch – (see note below).
- 31 Weds 7:30 am Mindfulness Meditation – NMH (**note change in day of week** – also see note below).
- 31 Weds 6:00 pm Midweek Meeting for Worship – NMH.**

AUG (8TH MONTH)

- 3 Weds 7:30 am Mindfulness Meditation – NMH (**note change in day of week** – also see note below).
- 3 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 4 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
- 4 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 7 Weds 7:30 am Mindfulness Meditation – NMH (**note change in day of week** – also see note below).
- 7 Weds 6:00 pm Midweek Meeting for Worship – NMH.**
- 11 Sun 10:30 - 11:30 am Meeting for Worship – NMH.**
- 14 Weds 7:30 am Mindfulness Meditation – NMH (**note change in day of week** – also see note below).
- 14 Weds 6:00 pm Midweek Meeting for Worship – NMH.**

- 18 Thurs 7:00 pm Care and Concerns Committee Meeting – Library (see note below).
 18 Sun 9:00 am Adult Ed. – Reading & Discussion – NMH (see note below).
18 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
 18 Sun 11:45 am Collection for Ecumenical Hunger by Community Service Committee – NMH (see note below).
 18 Sun [Deadline for submittal of Newsletter articles - if email send to moriii@yahoo.com.]
 21 Weds 7:30 am Mindfulness Meditation – NMH (note change in day of week – also see note below).
21 Weds 6:00 pm Midweek Meeting for Worship – NMH.
25 Sun 10:30 - 11:30 am Meeting for Worship – NMH.
 28 Sun noon Fourth First Day Provided Lunch – (see note below).
 28 Weds 7:30 am Mindfulness Meditation – NMH (note change in day of week – also see note below).
28 Weds 6:00 pm Midweek Meeting for Worship – NMH.

CALENDAR EXPANSION – DETAILS

*** ADULT EDUCATION DISCUSSION: **Reading and Discussion** led by Henry Jason each 1st, 3rd, and 5th Sunday at 9 am – NMH. We are reading and discussing a 1648 book written by Robert Wilkinson entitled The Saint's Travel to the Land of Canaan: Wherein are Discovered Seventeen False Rests Short of the Spiritual Coming of Christ in the Saints: Together with a Brief Discovery of What the Spiritual Coming of Christ is, Who is the Alone Rest and Centre of Spirits. All are welcome No preparation is necessary. A pdf of the work is available; please inquire if interested in acquiring a copy. Contact Henry Jason.

*** COLLECTION FOR ECUMENICAL HUNGER PROGRAM (EHP): Community Service Committee the EHP after the rise of Meeting each *third* First Day – at the front door. EHP is a vital part of the local safety net providing emergency food, clothing, case management, household essentials, and resource referrals to families in need in East Palo Alto, Menlo Park, and Palo Alto. Second Harvest brings a truckload of fresh produce 12 times a year, on the first Tuesday. Meeting collected \$196.00 in contributions for EHP in June.

*** VOLUNTEER MEAL PREPARATION FOR HOMELESS - OPPORTUNITY FOR COMMUNITY SERVICE: We help prepare the food and serve it to the Homeless at the First Methodist Church in Palo Alto (corner of Hamilton & Webster) one Monday a month from 3:00 to 6:30 p.m. 2013 schedule: Aug. 12, Sept. 16, Oct. 21, Nov. 18, Dec. 23. Please contact Marie Simirenko at (650) 961-1724 if you wish to volunteer. Thanks!

*** WEDNESDAY MORNING MINDFULNESS MEDITATION: (formerly on Thursday morning) - newcomers welcome. Doors open at 7:30 am with quiet music. At 7:30 am, we have a short Buddhist guidance, and a half-hour meditation. Afterwards, we discuss how the meditation was for us, finishing at 8:15 or 8:30. We are following the teachings of the Vietnamese Buddhist monk, Thich Nhat Hanh, similar to Quaker philosophy but with additional insights. We discuss meditation technique, which is also helpful to people on Sunday!

*** FOURTH FIRST-DAY PROVIDED LUNCH: PAFM provides a lunch on *fourth* First Day. This allows Friends an opportunity to get to know each other better. Friends, attenders, visitors, and newcomers are all welcome.

A special table is set aside for newcomers to meet with Friends and find out more about Quakerism and about our Meeting, its members & activities, as well as an opportunity for us to know you better. A member of Care & Concerns will be at the table. All newcomers are welcome - as are any Friends who might be inclined to join the gathering. The term "newcomers" includes those who have recently begun attending, as well as those who feel "new" to the Meeting, regardless of how long they have been attending.

*** SUPPORT & CONCERNS: If you have wondered what Friends do when we are in distress or need help, given that we do not have a minister - the answer is that we turn to members of the Care and Concerns Committee. Be advised that the greeters you see each First Day are on the Care and Concerns Committee. Please feel free to talk to a member of Care and Concerns about such concerns after meeting, by phone, or email. You may also join us to express concerns during the first segment of our usual meeting on the third Thursday of the month at 7 pm in the Meetinghouse Library. Please contact the clerk Mary Pat O'Connell (650-941-8287, mpoconnell@stanfordalumni.org) to confirm that there are no meeting changes and ensure time on the agenda.

*** JULY 28 4TH FIRST DAY LUNCH - volunteers are asked to bring additional dishes (soup & bread are provided), as no committee is sponsoring lunch this month. See note about visit by FCNL Executive Secretary Diane Randall.

*** Friends are reminded that there are those among us who have allergies, often severe. We must avoid certain food products especially in the School House because of the allergies of children attending Friends Nursery School. Some among us are also allergic to artificial fragrances (perfumes, colognes, after-shaves).

NEWS OF PEOPLE AND EVENTS

VISIT BY DIANE RANDALL: Diane Randall, the Executive Secretary of the Friends Committee on National Legislation will be visiting Palo Alto on her way to Pacific Yearly Meeting. She will be at Palo Alto Meeting for worship and 4th First Day lunch, July 28th. Diane is invited to sit at a lunch table with FCNL supporters and informally talk with anyone who stays after lunch.

Multifaith Voices for Peace & Justice will sponsor a more formal presentation the evening of July 28th in the Fireside Room of the Unitarian-Universalist Church (505 East Charleston Road, about a mile from the Meetinghouse). We will have a potluck dinner there starting at 6, with about an hour for a presentation and Q&A ending at 8 pm. For information, contact Eric Sabelman (650-322-2455; eesabelman@gmail.com).

BUILDINGS & GROUNDS: July 20, 2013 Workday Report

Watered the Sequoia and redwoods
Defrosted lobby refrigerator
Weeded around parking lot
Fixed 2 of the parking lot lights
Fixed faucet by schoolhouse

Swept path to Ohlone
Cut back large palm fronds
Pulled small privets
Cut back plants from NMH entry sidewalk
Pruned/cleaned up under Butterfly Bush

Many thanks to volunteers: Richard, Lynn, Talley, Eric S., George H., Robert C.

SAVE THE DATE: MEETING PICNIC: Don't miss this. On Sunday, August 25th, we will have an all Quaker Friends picnic at Seale Park in Palo Alto after the rise of Meeting. This will be the location of our 4th Sunday provided lunch for August. The El Salvador Committee will provide lunch, Care and Concerns and the Quaker Quest Core Working Group are handling the logistics, and our young people plan to have some activities to get us up off our feet and having some fun as well as good food. We'll be walking over about 11:30 a.m., so if you can't be at worship, do join us at the park. See you - 11:45 a.m, Seale Park, Palo Alto.

FCL-CA: On Sunday, 8/25 Kevan Inko, the Director of Outreach for Friends Committee on Legislation of California (FCL-CA) will join us for Meeting and then for the Family Picnic. She will be available to answer questions and discuss current updates during the lunch/picnic.

At 3PM that same day she will be the featured guest at Catherine Boch's home at 964 Hamilton in Palo Alto for a more intimate and informal meeting of Members, Attenders, and others we invite as guests who might have interest in knowing more about FCL-CA. Tea will be served.

This is an advance informational opportunity to help create interest in the outstanding political representation done by FCL-CA and our annual Harvest Festival which will be the last Saturday in September on Sept. 28th. The Harvest Festival is our annual community outreach program which has many positive aspects for PAFM and our neighbors; the net proceeds go to FCL-CA.

A 6PM following thereafter Kevan will be a guest of the Multifaith Voices for Peace and Reconciliation gearing at the PAFM house in the new building. This is also open to all who wish to attend.

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IT'S HARVEST FESTIVAL TIME AGAIN! 47 YEARS OF A LOCAL TRADITION – WOW!: Please add your support:

- SAVE THE DATE: Saturday, September 28, 2013
 - SEE THE NEW WEBSITE: www.quakerharvestfestival.org
 - SAVE YOUR RUMMAGE AND TREASURES: The container arrives August 17.
 - SAVE YOUR BOOKS: Kate will make a run to the San Jose Meeting as needed to deliver them
 - Help with PUBLICITY (see HF bulletin board for lots of specific ideas or ask Robin Severns)
 - Save items in good condition to donate to the Festival:
 - Books (please no magazines, not even National Geographics; no outdated textbooks)
 - Happy, healthy plants (see Marie Simirenko for info)
 - Collectibles/ Attic treasures (see Tom and Sandy Farley for info)
 - Children's items & clothing (please no adult clothing)
 - CDs, DVDs, records, etc.
 - Seasonal items
 - Costumes
 - Jewelry (see Diana Egly for info)
 - Suggestions welcomed by clerks: Linda (650-493-2352) or Claire (408-996-1746)
- THANK YOU to all the past volunteers!



It's fun!
It's free!
It's for a good cause!

RUMMAGE SALE / BOOKS by the INCH / MUSIC and STORYTELLING / PLANTS / CHILDREN'S STUFF / COLLECTIBLES / INTERNATIONAL / BAKE SALE

www.quakerharvestfestival.org

HARVEST FESTIVAL CANNING SESSION: The Harvest Festival committee wants to have a canning session for the Harvest Festival on Saturday, August 17th from 10-2 p.m.

Please contact Claire Arnold if you can donate fruit, want to help prepare fruit, want to learn how to can or would be willing to teach others.

If you would like to donate sugar, pectin or glass jars please sign up on the sign up sheet in the foyer. Contact Claire by email claire_a_2006@hotmail.com or call her 408 996 1746

NEWS FROM AFSC: Pablo and youth painting a new mural in Oakland focussed on the bracero program. This week the "third generation" of AFSC's 67 Sueños immigrant youth collective will begin painting the third annual undocu-mural. This year the theme is abuelito fue bracero (grandpa worked as a bracero). The goal of this year's mural is to expand the dialogue around farm workers and a legal path to citizenship within the national immigration reform debate.

Every year, by researching and producing a public art piece to educate the community, 67 Sueños youth take a leadership role in the immigration debate. They use art and stories from their community to expand the legislative possibilities and to create a world where no human being is illegal. The mural is being painted at the East Side Arts Alliance but will be a traveling piece to be showcased at the annual Stockton Corn Festival, the National Bracero Day Festival and an International Migrants Day Festival in Oakland. <http://www.67suenos.org>

Hunger strikes beginning again. Inmates throughout the California State Prison System have begun a hunger strike to protest conditions in the prisons. The strike began with prisoners at the Pelican Bay State Prison's Secure Housing Unit where prisoners have raised five Core Demands and called on prisoners at other facilities to raise their own demands. In response, prisoners at a number of other facilities have joined the strike and raised their own demands.

You can find a great deal more information at: <http://prisonerhungerstrikesolidarity.wordpress.com>

Also, it is possible to ask your Meeting to sign a letter to Governor Brown, from faith communities, asking him to end the hunger strike by addressing the prisoners' demands. Go to the AFSC website, www.afsc.org and type in the words hunger strike, to find the link to the letter.

August 6th Commemorations August 6th, 2013 marks the 68th Anniversary of the use of atomic weapons on the Japanese cities of Hiroshima and Nagasaki, the only cases of the use of such weapons in history. A Commemoration, Rally and Action will take place at the Lawrence Livermore National Laboratory beginning at 7AM with a program. Daniel Ellsberg will be the keynote speaker. You can find more information at the links: <http://www.trivalleycares.org> , <http://www.wslfweb.org/whatsnew.htm#foreclose> .

AUGUST 2013 NEWS FROM BEN LOMOND QUAKER CENTER: Camp fun isn't just for kids! All ages are welcome to the best week of the year (and the least expensive family vacation there is **for only \$60 for adults and \$30 for kids**). Our annual **Family Work Camp** from **Sunday, August 4th through Friday, August 9th** will be a great experience of community with work each morning until lunch time, and then spend our afternoons and evenings enjoying the redwood forest and creeks, taking naps, playing music, singing, doing crafts, playing games, and even take a few outings nearby. Put your hands and hearts to work on improvements to Quaker Center facilities while building community across generations. **Register by July 28th** at <http://www.quakercenter.org/family-work-camp/>

Friends today seem uncertain about the whole idea of eldering. Have you ever wondered what eldering is and how to do it? When we avoid it because we're not sure how, we miss opportunities to strengthen individual and community confidence that Quakers really are who we say we are. **Join Eric Sabelman and Diane Pasta** to learn these Quaker practices by teaching and by example, not by insisting on "right behavior". Find out more and register at <http://www.quakercenter.org/eldering-mentoring-and-exampleship/> for **Eldering, Mentoring and Exampleship from August 30th - September 2nd.**

UPDATE FROM FRIENDS COMMITTEE ON LEGISLATION OF CALIFORNIA: Good news from Sacramento! Two bills that FCLCA is co-sponsoring have passed the Senate and have moved on to the Assembly. Senate Bill 260 will provide people who were juveniles at the time of their offense (some as young as 14 or 15) an opportunity to work toward rehabilitation and to be considered for resentencing after they serve 10 years. Many are now sentenced to decades or 25 years to life in prison. Senate Bill 649 gives local prosecutors the option to charge simple drug possession for personal use as a misdemeanor rather than as a felony. It could free up millions of dollars for drug treatment. Additionally, Senate Bill 61, which restricts solitary confinement for juveniles, has also passed the Senate and our legislative director, Jim Lindburg has joined with our allies in actively lobbying legislators for its passage. More info on legislation and FCLCA is available at www.fclca.org, where you can also sign up for our Action Alerts to send a message directly to your legislator at the critical time.

FCLCA also invites Friends Meeting members and attendees to contribute to our Spring Fund Drive. FCLCA needs your support to bridge a funding gap of about \$224,000 to meet the annual expenses that allow us to be your voice of conscience at the Capitol. We invite you to give a gift or become a monthly sustainer at \$10 or more a month, online at www.fclca.org. Contact: Kevan Insko, Kevan@fclca.org; 916 443-3734.

SB 260, if we can get it passed, will provide people who were juveniles at the time of their offense (some as young as 14 or 15) an opportunity to work toward rehabilitation and to be considered for resentencing after they serve 10 years. Many are now sentenced to decades or 25 years to life in prison.

Our second co-sponsored bill, SB 649, has also passed the Senate. This bill gives local prosecutors the option to charge simple drug possession for personal use as a misdemeanor rather than as a felony. It could free up millions of dollars for drug treatment.

THE PEACE AND JUSTICE CALENDAR: A service of the Peace, Earthcare, and Social Witness Committee of Strawberry Creek Friends Meeting, this calendar is posted for easy reference: <http://groups.google.com/group/bayareaquakers>

CHILDCARE DURING MEETING FOR BUSINESS: During monthly Meeting for Worship on the Occasion of Business, childcare will be provided for all age children from 12:15 to 1:45 pm in the School House. The regular staff for the preschool program, Jadranka Tanovic and Sangeta Tamang, provide the childcare. Advance sign-up is not required, but children should be in the program by 12:30. (If no children show up, the staff will leave at 12:45.)

RIDES TO/FROM MEETING: Care and Concerns Committee keeps a list of people seeking rides and a list of people who are willing to offer rides to and/or from Meeting on either a regular or occasional basis. Contact anyone on the committee if you or someone you would like to be on either list.

THE PENINSULA PEACE AND JUSTICE CENTER: The Center's Calendar is at: <http://www.peaceandjustice.org>

HELP CENTRAL AMERICAN REFUGEES WHILE YOU HELP YOURSELF: Reliable, hard-working men and women need jobs while they rebuild their lives. SBSC Job Hotline: (650) 494-8340.

CAR FOR SALE: I will be replacing my trusty Toyota with a small pickup truck. The Toyota would like to go to someone who appreciates a blue Corolla station wagon and treats her kindly despite her age (1991) and mileage (179300). She will need some work in the near future (brakes, windshield) but runs fine and is very reliable. Power brakes & steering; 1.6 L DOHC engine; 20-26 mpg. Best offer over \$500 (about 1/3 of Blue Book price). Comes complete with a fitted cover bought at Harvest Festival and "War is Not the Answer" bumper sticker. Contact Eric Sabelman (650-322-2455; eesabelman@gmail.com).

To Submit Newsletter Items: See the Schedule on page 2 for the deadline for the next issue. You may *e-mail* Newsletter submissions to newsletter@pafm.org or moriii@yahoo.com If you wish to receive the newsletter by email - or wish to discontinue - please visit <http://lists.pafm.org/listinfo.cgi/newsletter-pafm.org>. [Ed.'s note: If you sign up to receive the Newsletter by email, make sure to put the following address in your email address book: moriii@yahoo.com. The NL is sent out from that address. Some email "Spam" filters may reject such a message if the sender address is unknown.]

If you have an e-mail address, please join our Meeting's e-mail discussion list. To subscribe - visit <https://mailman.stanford.edu/mailman/listinfo/pafriends>. To post a message to all on the list, send the message to pafriends@lists.stanford.edu. If you have any questions, contact Jerry McBride jlmcbridemail@yahoo.com 964-2869.